

# Brock Community Health Centre Program/Activity Schedule



720 Simcoe Street, Beaverton L0K 1A0  
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October 2019 Oct 1 19

## CELEBRATING COMMUNITY HEALTH AND WELLBEING WEEK!! OCTOBER 21-27, 2019

Program/Activity	Date/Duration	Time	Location	Registration
<b>Community Based Strength and Balance Exercise Classes</b>				
+ Mondays	October 7, 21, 28 (No class October 14)	9:30 am – 10:30 am	Sunderland Legion	705.432.3322
		11:30 am – 12:30 pm	Cannington Baptist Church	
		1:15 pm – 2:15 pm	Beaverton Legion	
+ Tuesdays	October 1, 8, 15, 22, 29	10:00 am – 11:00 am	Cannington Baptist Church	CLASS FULL.
+ Thursdays	October 3, 10, 17, 24, 31	9:30 am – 10:30 am	Sunderland Legion	705.432.3322
		11:30 am – 12:30 pm	Cannington Baptist Church	
		1:15 pm – 2:15 pm	Beaverton Legion	
+ Fridays	October 4, 11, 18, 25	10:00 am – 11:00 am	Cannington Baptist Church	CLASS FULL.
<b>Community Based Strength and Balance Exercise Classes – High Intensity</b>				
+ Tuesdays	October 1, 8, 15, 22, 29	11:15 am – 12:15 pm	Cannington Baptist Church	705.432.3322
+ Fridays	October 4, 11, 18, 25	11:15 am – 12:15 pm	Cannington Baptist Church	705.432.3322
<b>Country Line Dancing</b>	Mondays, October 7, 21, 28 (No class October 14)	10:00 am – 12:00 noon	Cannington Legion 72 Peace Street	705.432.3322
<b>Drumming for Health Beaverton</b>	Tuesdays, October 1, 8, 15, 22, 29	11:00 am – 12:00 noon	St. Paul's Anglican Church 383 Osborne Street, Beaverton	705.432.3322
<b>Guided Meditation Cannington</b>	Fridays, October 4, 11, 18, 25 (Program runs October 4 – December 6)	10:00 – 11:00 am	Trinity United Church 50 Laidlaw Street N.	705.432.3322
<b>Indoor Walking Program</b>	Mondays, Wednesdays, Fridays	9:00 am	Fisher's Independent, Beaverton	705.432.3322
<b>Rejuvenating Yoga Beaverton</b>	Wednesdays, Oct. 2, 9, 16, 23, 30 (Program runs September 4 – Nov. 6)	10:00 am – 11:00 am	Beaverton Legion 517 Mara Road	705.432.3322
<b>Tai Chi Practice Sessions (Community-Led)</b>	Tuesdays and Fridays Oct. 1, 4, 8, 11, 15, 18, 22, 25, 29	1:30 pm – 2:30 pm	St. Paul's Anglican Church 383 Osborne Street, Beaverton (back)	705.432.3322

YOUTH Program/Activity	Date/Duration	Time	Location	Registration
<b>Kids in the Kitchen*</b> (Ages 8-18)				
+ Beaverton	Tues: Oct. 1	Wed.: Oct. 2	3:30 pm – 5:00 pm	705.432.3322
+ Sunderland	Tues: Oct. 8	Wed.: Oct. 9	3:30 pm – 5:00 pm	
+ Cannington	Tues: Oct. 15	Wed.: Oct. 16	3:30 pm – 5:00 pm	

\* *High school students (ages 14-18) are welcome to volunteer to earn community hours.*

**Additional Offerings through Partnered Organizations:**

**Alzheimer Society Durham Region**

An open support group for care partners of individuals living with Alzheimer’s disease or a related dementia. Kindly contact the Alzheimer’s Society at 1.888.301.1106 if you are attending for the first time. Next Group: Wednesday, October 16<sup>th</sup> from 9:30 – 11:30 am at the Sunderland Town Hall (120 River Street, Sunderland). Arrange to meet family support staff at Brock Community Health Centre (720 Simcoe Street, Beaverton) on the 3<sup>rd</sup> Wednesday of every month from 1-4:30 pm. Call 1.888.301.1106 for more information.

**Canadian Mental Health Association (CMHA Durham)**

Services for those seeking assistance with mental health and/or physical health concerns. CMHA Durham strives to meet the immediate needs of those looking for help, whether it be system navigation, case management, caregiver and family centered care and/or linkage to other programs and services within Durham Region. Call 905-436-8760 or 1-884-436-8760 for more information or support.

**DRIVEN**

Local support is available for women experiencing abuse and all forms of gender-based violence, including sexual violence. Transportation support is available. Please call 1.877.SAFE.905 (1.877.723.3905).

**East Lake Simcoe Quilters**

Meet at St. Andrew’s United Church, Beaverton on the last Monday of the month from 1:30 p.m. – 3:30 p.m. Make new quilting friends, learn something new and use your skills as a way to reach out into your community. Please contact Donna at 705.437.1561 for more information.

**Living a Healthy Life with Chronic Pain**

A free six-week workshop for people living with challenges and complications as a result of chronic pain. Coordinated by the Central East LHIN Self-Management Program. Thursday afternoons. September 19 – October 24, 2019 from 1:30 – 4:00 pm at the Beaverton Town Hall, 397 Simcoe Street, Beaverton. Pre-registration is required. For more information call 1-866-971-5545 or register online at [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca).

**Multiple Sclerosis (MS) Society of Canada – Durham Northumberland Chapter**

Connect with others living with MS to share experiences and ideas. Local monthly meetings in Cannington. For more information, please call Debbie at [debbie.hunter@mssociety.ca](mailto:debbie.hunter@mssociety.ca) or 1-800.268-7582, ext. 3343.

**North House – Income Tax Service**

FREE year-round income tax services available. Eligibility is based on maximum income levels: Single-up to \$30,000; Family-up to \$40,000. Please call 705.432.8654 or 1-877-406-8723 ext. 104 to make an appointment to meet with North House staff in Beaverton or Cannington, and to ensure you are aware of the required documents.

**Pinewood Centre of Lakeridge Health – Substance Use Counselling**

Youth, adults and families can access a range of services to support their alcohol, drug use and gambling concerns. Local appointments available in Beaverton. Contact Pinewood Centre at 905-985-4721 to schedule an appointment. Pinewood’s 24/7 crisis/telephone support line: 1-888-881-8878 to speak to a counsellor.